

NHSGA rules are as listed below. There is a vault chart and a chart of requirements, bonus and deductions. If you need any assistance navigating this or would like consultation on rules or routine constructions, please contact NHSGA Technical Director, Dean Ratliff at [rdeanr@aol.com](mailto:rdeanr@aol.com)

Uneven bars, balance beam and floor exercise shall follow USA Gymnastics Level 9 rules with the following exceptions.

- There are no element restrictions
- Bonus shall be awarded as Level 9 or Level 10, whichever awards more bonus to the athlete.
- Bonus may be attained in any combination of Connection or Element value with the possibility of all bonus coming from one type.

## NHSGA Vault Table

Group 1 - Handsprings				Group 3 – Front Handspring onto Board Entry			
1.01	Handspring		8.80	3.01	FHS (to board) Handspring	Handspring	8.80
1.02	Handspring	1/1 Twist off	9.20	3.02	FHS (to board) Handspring	Tuck Salto	9.90
1.03	Handspring	1 ½ Twist off	9.50	3.03	FHS (to board) Handspring	Tuck Salto ½	10.00
1.04	Handspring	2/1 Twist off	10.00	3.04	FHS (to board) Handspring	Pike Salto	10.00
1.05	Handspring	2 ½ Twist off	10.00	3.05	FHS (to board) Handspring	Pike Salto ½	10.00
1.06	Handspring	3/1 Twist off	10.00	3.06	FHS (to board) Handspring	1/1 Twist off	9.30
1.07	Handspring	Tuck Salto	9.80	3.07	FHS (to board) Handspring	1 ½ Twist off	9.60
1.08	Handspring	Tuck Salto ½	10.0	3.08	FHS (to board) Handspring	2/1 Twist off	10.00
1.09	Handspring	Tuck Salto 1/1	10.00	3.09	FHS (to board) Tsukahara	Repulsion off	8.90
1.10	Handspring	Tuck Salto 1 ½	10.00	3.10	FHS (to board) Tsukahara	Tuck Salto	9.60
1.11	Handspring	Pike Salto	9.90	3.11	FHS (to board) Tsukahara	Tuck Salto ½	9.90
1.12	Handspring	Pike Salto ½	10.00	3.12	FHS (to board) Tsukahara	Tuck Salto 1/1	10.00
1.13	Handspring	Layout Salto	10.00	3.13	FHS (to board) Tsukahara	Tuck Salto 1 ½	10.00
1.14	Handspring	Layout Salto ½	10.00	3.14	FHS (to board) Tsukahara	Pike Salto	9.70
1.15	Handspring	Layout Salto 1/1	10.00	3.15	FHS (to board) Tsukahara	Layout Salto	9.90
1.16	Handspring	Layout Salto 1 ½	10.00	3.16	FHS (to board) Tsukahara	Layout Salto ½	10.00
1.17	Handspring	Layout Salto 2/1	10.00	3.17	FHS (to board) Tsukahara	Layout Salto 1/1	10.00
1.18	Handspring	Double Salto - Tuck or Pike	10.00	3.18	FHS (to board) Tsukahara	Layout Salto 1 ½	10.00
1.19	½ on	1 ½ Twist off	9.50	3.19	FHS (to board) Tsukahara	Layout Salto 2/1	10.00
1.20	½ on	2/1 Twist off	9.90	3.20	FHS (to board) Tsukahara	Layout Salto 2 ½	10.00
1.21	½ on	2 ½ Twist off	10.00	3.21	FHS (to board) Tsukahara	Double Salto - Tuck or Pike	10.00
1.22	1/1 on	Handspring	9.60	<b>Group 4 – Round-Off Entry</b>			
1.23	1/1 on	½ Twist off	9.60	4.01	RO, FF	Repulsion off	8.80
1.24	1/1 on	1/1 Twist off	9.80	4.02	RO, FF	1/1 Twist off	9.20
1.25	1/1 on	1 ½ Twist off	10.00	4.03	RO, FF	1 ½ Twist off	9.50
1.26	1/1 on	2/1 Twist off	10.00	4.04	RO, FF	2/1 Twist off	9.90
1.27	1/1 on	Tuck Salto	10.00	4.05	RO, FF	Tuck Salto	9.50
1.28	1/1 on	Pike Salto	10.00	4.06	RO, FF	Tuck Salto ½	9.80
1.29	1/1 on	Layout Salto	10.00	4.07	RO, FF	Tuck Salto 1/1	9.90
<b>Group 2 Tsukaharas ( ¼ to ½ on)</b>				4.08	RO, FF	Tuck Salto 1 1/2	10.00
2.01	Tsukahara	Repulsion off	8.80	4.09	RO, FF	Tuck Salto 2/1	10.00
2.02	Tsukahara	Tuck Salto	9.50	4.10	RO, FF	Pike Salto	9.60
2.03	Tsukahara	Tuck Salto ½	9.80	4.11	RO, FF	Pike Salto ½	9.90
2.04	Tsukahara	Tuck Salto 1/1	9.90	4.12	RO, FF	Layout Salto	9.8
2.05	Tsukahara	Tuck Salto 1 ½	10.00	4.13	RO, FF	Layout Salto ½	10
2.06	Tsukahara	Tuck Salto 2/1	10.00	4.14	RO, FF	Layout Salto 1/1	10
2.07	Tsukahara	Pike Salto	9.60	4.15	RO, FF	Layout Salto 1 ½	10.00
2.08	Tsukahara	Pike Salto ½	9.90	4.16	RO, FF	Layout Salto 2/1	10.00
2.09	Tsukahara	Layout Salto	9.80	4.17	RO, FF	Layout Salto 2 ½	10.00
2.10	Tsukahara	Layout Salto ½	10.00	4.18	RO, FF	Double Salto – Tuck or Pike	10.00
2.11	Tsukahara	Layout Salto 1/1	10.00	4.19	RO, FF ½	1/1 Twist off	9.30
2.12	Tsukahara	Layout Salto 1 ½	10.00	4.20	RO, FF ½	1 ½ Twist off	9.50
2.13	Tsukahara	Layout Salto 2/1	10.00	4.21	RO, FF ½	2/1 Twist off	10.00
2.14	Tsukahara	Layout Salto 2 ½	10.00	4.22	RO, FF ½	Tuck Salto	10
2.15	Tsukahara	Double Salto - Tuck or Pike	10.00	4.23	RO, FF ½	Tuck Salto ½	10.00
				4.24	RO, FF ½	Tuck Salto 1 ½	10.00
				4.25	RO, FF ½	Pike Salto	10.00
				4.26	RO, FF ½	Pike Salto ½	10.00
				4.27	RO, FF ½	Layout Salto	10.00
				4.28	RO, FF ½	Layout Salto ½	10.00
				4.29	RO, FF 1/1 on	1/1 Twist off	9.70
				4.30	RO, FF 1/1 on	1 ½ Twist off	9.90
				4.31	RO, FF 1/1 on	2/1 Twist off	9.90
				4.32	RO, FF 1/1 on	Tuck Salto	10
				4.33	RO, FF 1/1 on	Tuck Salto ½	10.00
				4.34	RO, FF 1/1 on	Pike Salto	10.00
				4.35	RO, FF 1/1 on	Layout Salto	10.00
				4.36	RO, FF 1 ½ on	1/1 Twist off	10.00

Conn. Val.	0.1	0.2	SR	√	Connection Value	0.1	0.2	SR	∩	Connection Value	0.1	0.2	SR	□	Content				
<b>Level 10</b>					<b>Acro Flight</b>					<b>Acro Indirect</b>					A 9 B 5 C 4 SV 1 <b>9.7</b> <b>L10:</b> Extra +0.1 Bonus (not in SV) if exer. has a 10 SV + min. of 0.6 total Bonus + an E (BB/FX - E Acro) <b>L9:</b> allowable D/E's = C 1 <sup>st</sup> eligible D/E = +10 D/E Bonus (anv UR / Acro BB/FX)				
*Turn/Flight C+C *For a connection of two elements from Gr.3/6/7 - turn/flight is NOT req'd (elements must be different) C+D/E D/D (C-No turn/flight req.)					B+D/E C+C/D/E B + C* D/E + D/E * (C must be Salto at Lev. 10; At Lev 9 - C must be Salto or Aerial) Acro flight B+ B +C B+C+C (3+ elem. Incl. mnt/dmt) B+B/C+D/E Add'l +0.1 for 3 ele. Acro flight series (BBC+) w/ min. C Salto/Aerial or D/E flight w/wo hand support, excluding dmt					A/B+A/B+C C+C (Saltos/Aerials) B+C A+A+D A+D A+E B/C+D/E Acro Direct B+B B+C (Saltos/Aerials) A +C A/B+D/E A+A+C A+A+D/E C+C 2 *Dance/Mix B+D/E C+D/E *Same or different *C+C dance D/E-Salto + A-Jump (This order only) No CV for a Turn followed by a Jump									
<b>Level 9</b> (If no turn/ C+C flight—must be different) Turn/Flight C+C					2 Bar Changes Min. of one B-Flight 2 <sup>nd</sup> diff. Flight – min. C <b>OR</b> min. B element with LA Turn (excludes Mnt/Dmt) Salto Dmt – Min. of B					Acro Sc directly connected Flight elem. Leap or Jump w/ 180° Cross or Side Split 360° Turn on one Foot Aerial/Salto Dmt – Min.B					Min. of B Salto- Isolated or in Last Salto conn.				

Composition – Execution Deductions					Landing – Execution – General														
<b>Uneven Bars</b>					<b>Balance Beam</b>					<b>Floor Exercise</b>					<b>Landing</b>				
<b>Composition</b>					<b>Composition</b>					<b>Composition</b>					<b>Execution</b>				
Choice of dmt. not up to competitive level ↑.10					Failure to perform Acro ele. in two diff. directions (bwd & fwd/swd) ↓.10					Insuff. use of FX area-Spatially (Floor pattern) ↑.10					Feet hip-width or closer; never join on dmt. ↓.05				
Faces same direction thruout exer (excl.Mt/dmt) ↓.10					* If the only diff. direction is in dismount ↓.05					Value of Salto(s) performed as last isolated Salto or in last Acro connection not up to competitive level ↑.10					Slight hop, adjustment of feet, staggered feet ↑.10				
Uncharacteristic elements each ↓.10					More than one pivot (str. leg) ½ turn thruout exercise ↓.10					Failure to perform Saltos in two diff. directions (bwd & fwd/swd) ↓.10					Deviation from straight direction ↑.10				
¼ fwd Giant circle (w/ or w/o grip change) each ↓.10					More than two Dance elements of the same shape (tuck/wolf or straddle jumps) each type ↓.10					More than two dance elements of the same shape (tuck/wolf or straddle jumps) each type ↓.10					Arm swings to maintain balance ↑.10				
Failure to perform 2 ele. that fulfill 2 of 3 following requirements, (excl. dmt): each ↓.10					Spatially - Insuff. use of entire length of beam ↑.10					Acro Salto elements not up to competitive level ↑.20					Feet more than hip-width apart ↓.10				
- Forward element (circle/release) (Min. B)					Insufficient level changes ↑.10					Dance elements not up to competitive level ↑.20					Steps (each ↓.10) max 40				
- Element from Groups 3, 6, or 7 (Min. B)					Failure to show movement/non-VP/choreography in 2 of 3 diff. dir. (fwd/swd/bwd) each 0.05					Lack of turn on one foot, min. "B" ↓.20					Trunk movements for balance (UB/BB dmt & FX acro) ↑.20				
- Element w/ min. 180° LA turn, with/wo flight (Min. C)					Choice of dismount not up to competitive level ↑.10					Lack of min. of "B" Salto (Level 9) ↓.30					Incorrect body posture on landing of VPs ↑.20				
					Acro elements not up to competitive level ↑.20					<b>Execution</b>					Large step or jump ↓.20				
					Dance elements not up to competitive level ↑.20					Fails to hold ending pose for 1 second 0.05					Brush/touch of landing surface w/hand(s) ↑.30				
					Lack of dance series (min. 2 dance elements from Gr. 1, 2, 3) ↓.20					Fails to show synchronization of music w/ ending pose ↓.10					Squat upon landing ↑.30				
<b>Execution</b>					<b>Execution</b>					Fails to hold ending pose for 1 second 0.05					Spotting assist upon landing Award VP/SR + ↓.50				
Insuff. Angle of arrival-Flight to HS on LB ↓.05					Feet apart on side pos. landing of leaps/jumps each ↑.10					Fails to show synchronization of music w/ ending pose ↓.10					<b>Execution</b>				
Swing fwd. or bwd. under horizontal each ↑.10					Hesitation in jump, press, swing to HS each ↑.10					Fails to hold ending pose for 1 second 0.05					Flexed/sickled feet during value parts each time ↓.05				
Under-rotation of release/flight elements ↑.10					Incorrect body pos./alignment in Dance VPs each ↑.10					Fails to show synchronization of music w/ ending pose ↓.10					Legs/knees: crossed ↑.10 separated ↓.20				
Precision of handstand positions throughout ↑.10					Lack of precision in Dance elements each ↑.10					Fails to hold ending pose for 1 second 0.05					Insufficient exactness of body shape – N, V, / ↑.20				
Insuff. extension of glides/swings into kips ↑.10					Fails to perform Gr. #3 Turns in high relevé each ↑.10					Fails to hold ending pose for 1 second 0.05					Failure to maintain stretched body pos. ↑.20				
Poor rhythm in elements/connections ↑.10					Landing too close to beam on dismount ↓.10					Fails to hold ending pose for 1 second 0.05					- Pikes down (UB, BB, FX)				
Hesitation during jump to HB/swing to HS ↑.10					Concentration pause (2sec.) each ↓.10					Fails to hold ending pose for 1 second 0.05					Incomplete turn/twist ↑.20				
Touch, brush on apparatus/mat with foot/feet ea. ↑.10					Concentration pause (more than 2 sec.) each ↓.20					Fails to hold ending pose for 1 second 0.05					Bent arms in support or bent legs ↑.30				
Landing too close to bar on dismount ↓.10					Rhythm of conn.-Dance/Mixed/Acro (not bwd flight) each ↑.20					Fails to hold ending pose for 1 second 0.05					Fall or support on hand(s) on apparatus or mat ↓.50				
Insuff. amplitude of elements (except *) each ↑.20					Insufficient split when required (Dance/Acro elements) ↑.20					Fails to hold ending pose for 1 second 0.05					Fail to land on bottom of feet first on Saltos/Aerials/Dmt. Fall (↓.50) + No VP/SR				
Insufficient dynamics ↑.20					Legs not parallel to beam in split/straddle pike pos. ↓.20					Fails to hold ending pose for 1 second 0.05					<b>General</b>				
- Insufficient swingful execution throughout					Insufficient dynamics ↑.20					Fails to hold ending pose for 1 second 0.05					Fail to mark boundary line on mat (CJ) ↓.10				
- Energy not maintained throughout exercise					Insuff. height of leaps/jumps/hops each ↑.20					Fails to hold ending pose for 1 second 0.05					Fail to Present before/after (CJ) each time ↓.10				
- Fails to make difficult look effortless					Insuff. height of Acro flights, Aerials & Saltos each ↑.20					Fails to hold ending pose for 1 second 0.05					Exceeds Floor Ex. boundary (CJ) each time ↓.10				
Hit on apparatus with foot/feet ↓.20					Insuff. sureness of performance throughout ↑.20					Fails to hold ending pose for 1 second 0.05					Overturn - BB/FX (CJ) ↓.10				
Incorrect padding (heel/hip) CJ ↓.20					Insuff. variation in rhythm/tempo throughout ↑.20					Fails to hold ending pose for 1 second 0.05					Coach between bars or next to BB thruout (CJ) ↓.10				
Insufficient height of Salto dismount* ↑.30					Support of 1 leg against side of BB each ↓.20					Fails to hold ending pose for 1 second 0.05					Excessive use of magnesia (chalk) (CJ) ↓.20				
Insuff. extension (open) of tuck/pike body pos. prior to landing dismount ↑.30					Relaxed/incorr. footwork in non-VPs throughout ↑.30					Fails to hold ending pose for 1 second 0.05					Incorrect attire/jewelry (after 1 warning) (CJ) ↓.20				
Insuff. Amplitude of casts * ↑.30					Add'l movements to maintain balance on the beam ↑.30					Fails to hold ending pose for 1 second 0.05					Verbal cues by coach/team (after warning) (CJ) ↓.20				
Insuff. Angle of turn completion ↑.30					Direction on Gainer dmt. off end of beam ↑.30					Fails to hold ending pose for 1 second 0.05					Coach instructs gymnast during routine (CJ) ↓.20				
Hit on mat with foot/feet ↓.30					Insuff. extension (open) of tuck/pike body pos. prior to landing Acro elem. & dismount ↑.30					Fails to hold ending pose for 1 second 0.05					Failure to begin exercise w/in 30 sec. of CJ signal (CJ) ↓.20				
Grasp on apparatus to avoid a fall ↓.30					Incorr. body alignment/pos./posture in non-VPs throughout ↑.30					Fails to hold ending pose for 1 second 0.05					Exceeds warm-up time (after warning) (CJ) ↓.20				
Intermediate (extra) swing/cast (Max. 0.50 per elem) ↓.30					Artistry/Presentation					Fails to hold ending pose for 1 second 0.05					Incorrr apparatus specs. (CJ) ↓.30				
Insuff. amplitude of "B" Clear hip circles* ↑.40					- Lack of variety in choreography ↑.10					Fails to hold ending pose for 1 second 0.05					Board on unpermitted surface (CJ) ↓.30				
Full support on foot/feet on mat during exercise ↓.50					- Quality of movement reflects personal style ↑.10					Fails to hold ending pose for 1 second 0.05					Failure to remove board after mount (CJ) ↓.30				
					- Quality of expression ↑.10					Fails to hold ending pose for 1 second 0.05					Use of Supplementary mats (CJ) ↓.30				
					Artistry/Presentation					Fails to hold ending pose for 1 second 0.05					No Dismount from Start Value ↓.30				
					- Lack of variety in choreography ↑.10					Fails to hold ending pose for 1 second 0.05					Lands Acro ele. or dmt in Pit (CJ) No VP/SR + ↓.30				
					- Quality of movement reflects personal style ↑.10					Fails to hold ending pose for 1 second 0.05					Spotting Assist on element No VP/SR + ↓.50				
					- Quality of expression ↑.10					Fails to hold ending pose for 1 second 0.05					Start exercise before signal (repetition) (CJ) ↓.50				
					Artistry/Presentation					Fails to hold ending pose for 1 second 0.05					3 <sup>rd</sup> Run approach (UB/BB mounts) ↓.50				
					- Lack of variety in choreography ↑.10					Fails to hold ending pose for 1 second 0.05					Coach on FX mat (CJ) ↓.50				
					- Quality of movement reflects personal style ↑.10					Fails to hold ending pose for 1 second 0.05					Short Exercise: BB/FX-less than 30 sec. (CJ) 2.00				
					- Quality of expression ↑.10					Fails to hold ending pose for 1 second 0.05					UB- (less than 5 Value Parts)				
										Fails to hold ending pose for 1 second 0.05					Exceeds Fall time (UB/BB) CJ Terminates exercise				